THE LAW OF GOD

Knowledge of God;

To know that YHVH is the Lord;

To know that YHVH is God;

To know that YHVH is one; that she is one person - one being -, and not a trinity, group of beings, or a pantheon; that no one else is to be called by her name;

To know that the Lord is the one and only God – the one and only deity;

That God is special;

That God is holy;

That the name of God is holy;

That God cannot be taken to account;

That YHVH is loving, gracious, caring, steadfast, slow to anger, logical, patient, understanding, reasonable, and practical;

That YHVH loves all people and living things.

That YHVH is of a tall stature, and has brown skin due to melanin, along with dark brown eyes, curly black hair, and soft facial features. She has also been seen with grey hair.

That the people of God are characterized as having brown or black skin due to melanin, dark brown eyes, curly black hair, and soft facial features; That God and her people look alike, being of the same skin color, eye color, and hair color. God is of the same skin color as her people. People with white or yellow skin should not be thought of as having come from God like those with brown skin. Melanin emanates from God, and God herself is a melanated being; That dreadlocks are a characteristic hair style of the people of God.

That YHVH speaks honestly, but rarely cryptically or nonverbally.

That a person should always be connected to God; that it is beneficial to life for every person to serve her;

That it is reasonable to believe that marijuana comes from YHVH; that marijuana belongs to YHVH;

Respect of God;

To know that YHVH is The Lord – the one and only;

Not to disrespect God;

Not to call anyone by the Name of God – YHVH – than her;

To know that no one else is to be called by the Name of God, that no one else is to be ascribed her glory, and that no one else is to be accepted as God than YHVH;

That only one person – one being – may be called by the Name of God;

Not to make casual or frivolous use of the name of God;

That it is respectable not to make frequent use of the name of God;

That a person will not bow or prostrate themselves unto anyone other than God;

Not to curse God;

To know that sunlight, rain, wind, food, water, peace, the Sabbath, human life, animal life, green plant life, family, friendship, shelter, sleep, safety, and goodness emanate from God;

To bless God by acknowledging her as the foundation of life and existence, and the source of good; to bless God by acknowledging what good things in your life emanate from her;

To bless God when you arise in the morning;

To bless God before and after eating a meal;

To bless God while you eat;

Not to utter the name of God in a bathroom;

To bless God for your mother and father;

To bless God for your family;

To bless God when you see a loved one;

To bless God for the presence and occurrence of goodness;

To bless God when you are successful or happy;

To bless God for good weather;

To bless God on the occasion of rain;

That observance of the Sabbath shows respect of God;

Love of God;

To love God, and to know that God loves you;

To ascribe good to God, and not to ascribe to her any bad;

Not to call anyone else by the name of God, nor ascribe to them her glory;

To love all living beings, which emanate from God.

For a person to love their mother and father, who assisted in bringing them into the world, and who are meant to connect them to God;

To know that service to God is the most virtuous and honorable action a person can make.

That observance of the Sabbath shows love of God;

Obedience to God;

To adhere to the laws of God;

Not to violate the laws of God in any way;

To know that adherence to the laws of God makes a person holy; that such adherence makes a person into a divine being;

That a person cannot be a divine being without obedience to God;

That obedience to God requires adherence to her laws;

That obedience to God makes a person divine; that this requires a person to love God, not to intentionally cause pain, harm, injury, or death to any living thing, not to have ill will toward any person or creature, to honor and keep the Sabbath, not to engage in idol worship, and not to engage in sexual immorality;

That observance of the Sabbath shows obedience to God;

Knowledge of what is good and what is bad;

To know that good is different from bad;

That good is greater than evil;

That sunlight, rain, green plants and their growth, childbirth, people coming together due to love, and people admiring and speaking positively about each other, feeding the hungry, having no ill will for others, and spreading wisdom are good.

That bloodshed, separation of people, gossip and slander, concealment of knowledge, wisdom, or truth, disrespect, pain, injury, and death are bad.

For a person to uphold good, and never to uphold bad;

Knowledge that God is good;

That God does not do what is bad;

To know that more good emanates from God than bad;

To ascribe good to God, and not to ascribe to her any bad;

That God does not harm a person, nor does she cause them pain;

That God does not delight in pain or sadness.

That it is not the nature of God to cause death;

That it is not the nature of God to cause war or conflict;

That God does not leave or abandon a person;

That God does not deprive a person;

That God does not cut a person off from their people;

That God does not cut off the soul of a person;

That God does not cut off the soul of a living creature;

That God does not take things from people, nor does she deprive them in any way;

That God does not allow one group of people to rule over another group of people;

That God does not allow slavery;

That it is reasonable to believe that God does not use magic;

Knowledge that the Universe and all nature belong to God;

That matter consists of darkness and light, with darkness and light existing not as separate and independent states, but existing together on a spectrum: darkness is low-frequency and high-wavelength and light is high-frequency and low-wavelength;

Stars generate heat and light, and emit energy outwardly – positively – normal to their surface;

Planets generally orbit around a star central to a solar system, and receive most of their energy from their central star in the form of sunlight. Planets may contain air which is found in an atmosphere, water, earth – soil, sand, and rock –, plant and animal life, and human life;

At the center of a planet is a core of molten rock;

On a planet may be salt water – contained mostly in oceans – and freshwater – contain mostly in lakes, rivers, streams, and beneath the surface of land masses as groundwater.

Sunlight causes water in oceans and other bodies of water to evaporate and form clouds that precipitate fresh water.

Between oceans and land masses are coastlines of sand, and sand can be used to make glass.

Precipitation brings water to the soil on land masses. This water, in combination with sunlight, causes the growth of plant life. Plant life may consist of trees and fruit-bearing trees, grass, herbs, shrubs, and vines. Plants use sunlight to produce oxygen through photosynthesis, and this oxygen is used by organisms to breathe. Plants may also produce fruit, which organisms use for food;

The chemical formula for photosynthesis is: $6CO_2 + 12H_2O \rightarrow^{(light)} C_6H_{12}O_2 + 6H_2O + 6O_2$.

The chemical formula for cellular respiration is: $C_6H_{12}O_2 + 6O_2 \rightarrow 6CO_2 + 6H_2O$.

Plants, especially green plants, use photosynthesis to convert sunlight, carbon dioxide, and water primarily into glucose and oxygen, and water. Humans, animals, and other organisms use the oxygen that plants produce through photosynthesis to breathe. Most, if not all, of the oxygen that organisms breathe is produced through photosynthesis by plants. Thus, humans and other organisms are naturally connected to green plants. They may also consume green plants and their fruits to obtain glucose and water. Glucose is a source of energy for both plants and animals. Humans and animals,

among other organisms, are red-blooded, meaning that they use haemoglobin to transport oxygen from the lungs to other areas of the body where the oxygen is released, and carbon dioxide – a product of cellular respiration – is transported to the lungs to be exhaled. Oxygen is needed to convert glucose into energy, carbon dioxide, and water. Water is needed to convert glucose into carbon dioxide. During cellular respiration, oxygen acts as an electron acceptor and binds to the carbon atoms in glucose, forming carbon dioxide and releasing water.

Haemoglobin is the red pigment found in the red blood cells of red-blooded animals. Haemoglobin is able to bind and transport oxygen from the lungs to other parts of the body, and bind and transport some of the carbon dioxide produced during cellular respiration from the tissues of the body to the lungs, where the carbon dioxide is exhaled. Chlorophyll is a green pigment found in most plants, especially green plants such as trees. Chlorophyll is responsible for the absorption of light, and conversion of light to energy, of green plants. The green color of the pigment is due to its ability to absorb red and blue wavelengths of light, and its tendency to reflect green portions of the light spectrum. The light spectrum spans from widest wavelength – red – to shortest wavelength of light – violet. Red light is lower frequency while blue and violet light are higher frequency. The haemoglobin and chlorophyll molecules have a similar structure, with haemoglobin binding iron and chlorophyll binding magnesium, each in heterocyclic rings.

Melanin is the pigment molecule responsible for the skin color, hair color, and eye color of the people of God. This pigment is responsible for the absorption and reflection of sunlight. The dark brown color of the eyes of the people of God helps them not only to absorb sunlight visually, but indicates that they are meant by God to look directly in the Sun for extended periods of time. They are also meant to live in warm climates and close to nature – ideally remaining close to large forests and other greenery –, be in the Sun regularly, be together with their families, and be together in large groups at almost all times.

That the soul of a person consists not only of the natural body and bodily functions of the person, but also the connection and access of the person to sunlight, the counterpart of sunlight which is the Universe – experienced as a mixture of visible darkness and starlight that can be seen at night, water, food, green plant life, fresh air and oxygen, the connection and access of a person to their mother and father, family, nature and animals, and people. Additionally, the soul of a person consists of their connection and access to God;

That a person cannot live without their family;

That connection to something and access to it are the same;

That a person can often be considered a divine being, and that a divine being must be considered a person; that God is always to be considered a divine being and a person; that God does not cause pain or death to a person; that a divine being does not cause injury or death to a person; that a divine being must not consider themselves able to cause death to another divine being, or to a person;

That God is above all divine beings;

That God is one; that she is one person, and one divine being;

That multiple persons, or multiple divine beings, cannot claim identity as one being;

That all divine beings are subject to God;

That a divine being is only considered a divine being if they are subject to God; that a divine being must be subject to God; that divinity requires subjectness to God; and that subjectness to God requires obedience to God, and adherence to the Law of God;

That a divine being may not intentionally cause injury;

That a divine being may not intentionally cause death;

That the Messiah of God is subject to God;

That the Messiah may or may not be considered to have authority over all divine beings while himself being subject to God; that the authority of the Messiah is subject to the authority of God; that the Messiah may not act contrary to the will of God; that the authority of the Messiah may not supersede the authority of God; that the Messiah may not supersede the authority of God;

That God may not be subject to anyone;

That no one may supersede the authority of God;

That it is respectable to believe that no one may supersede the authority of the Messiah, which is subject to the authority of God;

That a person must not believe that they are subject to any other divine being than God;

That angels do not exist;

Not to believe in angels;

That an artificial intelligence cannot be considered a person, nor can it be considered a divine being.

That the divinity of a person comes from the nature of the actions of the person. A person cannot do what is bad and be considered divine unless one repents of their ways;

Respect and love of nature;

Not to unnaturally modify nature;

Not to cut down a tree unless it is especially needed;

That it is respectable never to cut down a tree;

Not to cut or sever any part of a plant unless it is needed for food or medicine;

That it is respectable not to cut down a forest for any reason;

Knowledge that all creatures belong to God;

That the soul of every being belongs to YHVH; that the soul of every being belongs to her alone; that the soul of a being cannot be taken, or given to another being under any circumstance.

That a person may not be owned as property;

That a plant may not be owned as property;

That it is respectable to believe that any creature may not be owned as property;

Respect and love of all creatures;

Not to have ill-will for any creature;

Not to cause pain to any creature;

Not to unnaturally modify nature;

Not even to think or imagine the hurt or injury of any creature;

Not to clone an animal or any creature;

Not to kill or slaughter an animal unless it is for food;

That it is respectable not to kill or slaughter an animal for any reason;

Not to cause pain during the slaughter of an animal;

That it is respectable for a person not to consume meat or animal products;

That it is respectable not to trap an animal;

That it is respectable not to leash, saddle, or muzzle an animal;

Respect and love of all people;

That God meant for all people to be the same, and for there to be no division, or even hierarchy, among them;

That God meant for all people to be divine beings; that God is above all divine beings; that no divine being can be considered above another divine being, but that God is above all divine beings;

That no person has the right to cause injury or death to another person;

Not to look down on a person;

Never to have hatred in your heart;

Not to cause pain to any person;

Not to hurt or injure a person;

Not to curse a person;

Not even to think or imagine the hurt or injury of a person;

Not to make or use a weapon;

Not to take the image or photograph of a person;

Not to draw a person, or make of them a sculpture, carving, or anything of the like;

To know that it is dangerous to make an image or recording of a person;

Not to watch a person with suspicion or ill-will in your heart;

Not to surveil a person;

Not to record the voice of a person;

Not to clone a person;

Not to subjugate or oppress a person;

Not to modify or control the thoughts, speech, or actions of a person by unnatural means; not to modify or control the thoughts, speech, or actions of a person using mechanical or electrical devices, implants, technology, or any similar means;

Not to augment the body using any mechanical or electrical device, implants, technology, or any similar means;

Not to enslave a person;

Not to have ill-will for another person;

Not to compete with another person;

For a person not to look at another person with hatred, evil, or ill-will in their heart;

For every person to love each other, and not to dislike a person for any reason;

Not to conflate people, animals, creatures, places, or things;

Not to liken a person to an animal, creature, object, or anything of the like;

Not to liken a person, or anything else, to the Sun or any star, the wind, water, or any natural phenomena; not to liken a person to the Sun or any star, the wind, rain, air, water, fire, Earth or any planetary body, an animal or any creature, a plant, wood, rock, sand, a cloud, food, or anything of the like;

Not to call a person an animal, creature, object, or anything of the like; not to call a person names;

Not to liken a person to someone else by calling them by another person's name, or by comparing them in any way;

Not to compare the actions of a person to those of another;

Not to make idols of people, creatures, animals, places, or things;

Not to create drawings, pictures, carvings, sculptures, videos, movies, holograms, or any image or graven image or the like, of anything you see, or of anything at all;

Not to create an image of any kind of a person, animal, plant, or thing;

Not to take the image or photograph of a person, animal, plant, or thing;

Not to create audio recordings;

Not to create a robot or mechanical device mimicking or meant to appear as a human, animal, creature, or even appearing as another normal item – such as a pencil, an article of clothing, food, a tool, or anything of the like;

Not to look at images, pictures, drawings, paintings, videos, movies, carvings, sculptures, or anything of the like;

Not to build, create, or use a computer or any similar device;

Not even to look at a computer or any similar device;

Not to create or use an artificial intelligence;

Not to create a robot or mechanical device that can be controlled with a remote;

Not to use a remote-controller;

For a person not to unnaturally modify their body or change their appearance.

Not to tattoo, pierce, or intentionally scar your body in any way;

Not to mark or decorate your body with paint or ink, or the like;

For a person not to intentionally cause pain to themselves;

Not to use makeup or cosmetics; not to dye one's hair; not to use nail polish, artificial nails, or anything of the like;

Not to wear wigs, hair extensions, or the like;

Not to cut one's hair excessively; not to be bald;

For a person of the covenant to wear dreadlocks;

Not to wear masks or costumes; not to wear a disguise;

Not to disguise one's voice; not to change one's voice or way of speaking to imitate another person, or to sound different in any way;

To continually act with truth, honesty, and integrity; to dwell in truth;

Not to be dishonest or deceitful;

To be thankful to God for everything you have;

For a person to live a healthy, peaceful and simple life;

To know that the Earth is meant to be conducive to life, especially human life; Humans, and possibly even animals, are meant to come to a knowledge and understanding of God as the foundation, source and protector of all life;

The Earth contains water, oxygen, green plant life, and receives light and energy from the Sun. Green plants, and possibly other plants as well, produce oxygen, which all living beings need to breath.

For a person to always be in the Sun;

To be indoors from sunset to sunrise, and at midday, when the Sun is at its peak;

For a person to sleep after the sun sets, and to awaken before sunrise;

Not to do work between sunset and sunrise;

Not to do work at midday;

That a person should not use a fan or air conditioning, and should adapt to the heat of the Sun;

That the windows of a building should be left open at night to allow wind to flow through the building and comfort sleepers at night. In the morning, the windows can be closed or left opened. At midday, when no one is in the building or when people are eating, the windows of a building should be closed. There is more wind at night than at midday because with more sunlight there is often less wind.

For a person to sleep and eat indoors. Otherwise, they should be outside, receiving energy from the Sun and breathing in fresh air from plants;

Not to eat outdoors;

For a person to eat after sunrise, at midday, and before sunset.

For a person to drink water at every meal, and throughout the day as well.

For a person to eat vegetables, fruits, and whole grains;

Not to consume sugar, honey, or any sweetener; that the only sweets a person should consume are fruits, which are healthier and more enjoyable to eat;

For a person to be engaged in agriculture;

For a person to travel mostly by walking;

For a person to always be around other people; for people to always be together – in large groups.

For a person to always be with their family;

To act with purity; to be holy;

To honor, revere, and bless the name of God;

That it is inappropriate to seal a deal or covenant with any person.

That the only legitimate and binding covenant upon a person is the covenant with YHVH; the signs of this covenant are blessing the name of God, upholding good, being benevolent and nonviolent to all living beings, observing the Sabbath, and behaving modestly; the covenant with YHVH is binding upon a person forever.

Not to consume the blood, excretions, or excrement of a human, animal, or living being of any kind;

Not to come in contact with the blood, excretions, or excrement of a human, animal, or living being of any kind; not to allow it to touch your hands, or stain your clothing or body;

That it is respectable to wash your hands after using the bathroom;

To wash your hands before cooking or touching food;

To wash your hands before eating;

That it is inadvisable to wash your hands after eating;

To speak positively, and not to make a habit of negative speech;

To dress modestly;

That a person should not wear clothing made with writing, symbols, or designs. Clothing articles such as shirts, pants, dresses, robes, and tunics each should be made using one color of a single fabric. The fabric should remain its natural color and no dyes should be used.

For the people in a community to dress identically; for them not to dress in black;

That ghosts do not exist;

Not to believe in ghosts;

Not to be dishonest; not to bear false witness;

Not to be deceitful;

Not to be violent; not to engage in violence;

Not to engage in sexual immorality;

Not to engage in prostitution, and not to solicit a prostitute;

Not to engage in gossip or slander;

For a person not to be alone, but to be with other people; for people to dwell in large groups;

That it is respectable for a person never to make hand gestures or hand signs;

That it is respectable for a person never to make nonverbal gestures of any kind;

Not to create audio recordings;

Not to listen to music;

Not to have a pet;

Not to engage in idol worship;

Not to use numerology;

Not to engage in astral projection;

Not to engage in astrology;

Not to believe in omens;

Not to believe in luck;

Not to own or use a timepiece;

Not to consume human flesh; not to be a cannibal;

For a person not to bite their nails;

Not to eat hair;

Not to do sorcery or witchcraft;

Not to accumulate too many possessions;

For a man not to accumulate too many wives;

Not to intentionally violate the Sabbath;

That the name of a person traditionally identifies them as the son or daughter of their mother and father.

That a community should include a residence, a cafeteria, a farm, a library, a school, a place of meeting, and a place of worship. It is possible for more than one community to share the same place of meeting or place of worship. The place of meeting and place of worship may also be the same; that a community may also include athletic facilities, a pool, a body of water for ritual immersion, a grass field for gathering and meeting, and the like. These may or may not be appropriate for the community;

For most of the community to consist of green space;

That the residence may consist of one or more closely-spaced apartment towers, and the areas between and surrounding them.

That the interior of a residential tower should not have individual apartments, but a large open area where residents would sleep close together;

That the residence should have facilities for bathing, washing, using the bathroom, and perhaps dressing;

For the areas between and surrounding the residential towers to be abundant with green space;

For the school and library to be located near each other – within short walking distance of one another;

For the residence and cafeteria to be located near each other;

For every person in a community to live together;

For every person in a community to live together in a residence consisting of one or more closely-spaced apartment towers, and including the areas between and surrounding them; the interior of a residential tower is not to have individual apartments, but is to have a large open area on almost each floor where residents would sleep close together; the residence may have facilities for bathing,

washing, using the bathroom, and dressing; the areas between and surrounding the residential towers are to be abundant with green space;

Not to build, or live in, a single-family home;

That it is respectable not even to look at a single-family home;

That it is better for people in a community not to live in separate homes or separate dwellings, but to live together in one dwelling.

That it is better for a family not to sleep in separate bedrooms, but to sleep in one bedroom – sleeping in the same vicinity.

For a person not to sleep alone, but to sleep in the same room as other people;

For people in a community to sleep all at the same time;

For a person to sleep after sunset and to awaken before sunrise;

That it is important for a person to see other people sleeping, and for other people to see him or her sleeping. When people sleep in the same room, and at the same time, they are able to get to sleep easier, and have longer and deeper rest;

For every person in a community to be engaged in learning;

For every community to have a library and school;

For the school not to confer grades;

For every person in a community to study reading, writing, literature, possibly geology and geography, natural science – specifically biology, chemistry, biochemistry, and physics –, mathematics – arithmetic, basic geometry, algebra, geometry with proofs, trigonometry, precalculus, single variable calculus, multivariable calculus, differential equations, partial differential equations, and linear algebra –, psychology, possibly history, and languages;

For a person to study basic biology, cellular and molecular biology, and ecology and environmental biology;

For a person to study basic chemistry, general chemistry, organic chemistry, and physical chemistry;

For a person to study mechanics, electromagnetism, and quantum physics;

For every person in a community to be engaged in agriculture;

To plant and harvest crops;

Not to plant crops of different types in the same area;

Not to harvest crops before they have ripened;

Not to allow a person to plant or harvest crops, or to do any agricultural work, alone; that agricultural work should be done by people working together;

That agricultural work should not be done before sunrise or after sunset. It should also not be done at midday, when the Sun is highest in the sky;

Not to do any agricultural work on the Sabbath;

That it is respectable not to do any agricultural work after midday before the beginning of the Sabbath;

For every person in a community to cook and eat together;

That it is easier for every person in a community to come together to prepare and serve food to each other than for each person or each family to prepare and serve food to each other individually. It is easier for a large group of people to bring food together and to prepare it together than for an individual to prepare a smaller amount of food for themselves. Lastly, it is easier to prepare and cook a large amount of food than a smaller amount of food. For example, it is more economical, and takes less time, for a mother, father, and their children to cook a meal together for their family, than for a mother to cook for her entire family. The tasks would be divided among the group, and each member of the family could monitor their own task while also watching over the tasks of each other – requesting help if they need, and providing advice and wisdom without obstruction;

That it is better for people to eat together than for a person to eat alone. Eating together with other people teaches a person manners, helps a person to feel safe and wanted, teaches them how to value, love, and protect others, and encourages communication and togetherness. In conclusion, when people eat together, love is encouraged among them;

For a person not to eat alone, but to always eat with other people;

For every person in a community to eat together in a large cafeteria: in one large building;

That if the community is too populous for everyone to eat in one large cafeteria, then more than one cafeteria may be built. Nonetheless, the community should eat together in as few buildings as possible, and the cafeterias should be built accordingly large.

For every cafeteria to be built at the same size and with the same dimensions.

For the cafeteria to be located within short walking distance of the residence;

For every person in a community to be tasked with cooking and serving food in the cafeteria;

For food in the cafeteria not to be cooked and served at the same time. Cooking should begin at or before sunrise, and should be finished before cafeteria guests arrive after sunrise. All cooking must be finished before the first cafeteria guest is served;

That a person tasked with working in the cafeteria is required to both cook and serve food. It is good for a person to cook food with the intention of feeding themselves and others, and to serve it to others themselves, as it encourages feelings of responsibility and compassion;

That a person working in the cafeteria should not serve themselves food;

That people should eat together at the same time;

For the people in a community to eat together after sunrise, at midday, and before sunset;

Not to exit the cafeteria before the last cafeteria guest eating has finished their food;

That a person should not speak while food is in their mouth.

That a person may glance, but should not stare, at another person while eating.

That a person serving food to a guest does not need to ask the guest before setting the plate before them at a table, but must ask the guest before removing a partially or completely finished plate from before them. The food is considered to belong to the guest even before it has been served to them.

For people in a community to always remain together; to remain together in large groups;

That there should be an altar, a high place, a place of worship, or a Temple established unto YHVH - The Lord.

For every person in a community to go to the place of worship or Temple;

That food may not be allowed to rot anywhere near the high place or Temple;

That the Temple or high place, and areas around it, must be kept clean;

That idols, images, and anything of the like, may not be seen in or around the high place or Temple;

To honor, and rest on, the Sabbath – to refrain from all laborious work on this day;

That to honor the Sabbath is to acknowledge that it is holy, and more important than other days – that the Sabbath is more important than the days of the week when work is permitted; that a day begins after sunset, continues to midday when the sun is highest in the sky, and ends at sunset before the next day; that to observe the Sabbath is to rest on the Sabbath, and to refrain from all laborious work on this day; that laborious work is any work associated with planting and harvesting crops, and preparing and cooking food to feed a person, tending animals, preparing materials and making clothing, weaving or knitting, sorting, making tools, painting or writing, using tools, and using machines; that food for the Sabbath should be prepared before sunset on the day before the Sabbath; that to observe the Sabbath involves resting and abstaining from laborious work, being with family, eating meals after sunset on the beginning of the Sabbath, after sunrise and at midday of the Sabbath, and before sunset at the end of the Sabbath, being outdoors and close to nature, seeing the Sun, blessing the name of God, and being thankful for all she has provided;

To honor God on the Sabbath;

Not to dig soil on the Sabbath;

Not to plant or harvest crops on the Sabbath; not to plant a seed on the Sabbath;

Not to engage in any agricultural work on the Sabbath;

Not to uproot a plant on the Sabbath;

Not to sever any part of a plant on the Sabbath;

That it is respectable to avoid even touching a plant on the Sabbath;

Not to extinguish a flame on the Sabbath;

That it is respectable to avoid kindling a fire on the Sabbath;

Not to travel too far on the Sabbath;

For a person to avoid cooking on the Sabbath, but to prepare food for the Sabbath on the evening or during the afternoon before its start.

Not to run on the Sabbath;

Not to burden an animal on the Sabbath by using it for work, or by riding on its back;

That it is respectable not even to touch an animal on the Sabbath;

Not to strike or push a person on the Sabbath;

Not to wrestle a person on the Sabbath; not to ride a person on their back on the Sabbath;

That it is respectable not to yell on the Sabbath;

For a person to honor their mother and father;

For a child to love his mother and father;

For a mother and father to love their child;

For a mother to breastfeed her baby; not to feed a child breastmilk by any other means;

For a mother and father to constantly hold their newborn child until the child is able to walk;

For children to obey their parents;

For parents to educate their children;

For a mother and father never to be away from their children;

For families to remain together;

For families to even travel together without leaving anyone behind;

To love and honor your family;

To honor those older than you;

For parents not to physically discipline their children;

To honor women;

That men and women are meant to be together; that women are meant to be mothers, and men are meant to be obedient to their wives; that a woman is not meant to be subservient to a man; that women and men are meant to be different; that women have wider hips than men, are able to store more fat – particularly around the hips and stomach, arms, thighs, and lower legs –, and have softer

facial features than men; that women are capable of pregnancy, childbirth, and breastfeeding, while men are not; that, because women are capable of bearing children, and breastfeeding them, they hold more authority than men, especially moral authority; that a woman is meant to hold the child after she has given birth to him or her, and that a man is only secondarily meant to hold the child; that the child is meant to be with their mother more than their father;

For a man to respect a woman;

For men to be taught to keep the honor of women;

For a man to safeguard a woman from harm and disrespect;

Not to speak disrespectfully to a woman;

To compliment a woman and not to say negative comments about her;

For a man not to speak negatively about a woman to another man, or say inappropriate things about her;

For a woman not to speak negatively or disrespectfully about another woman;

For a man to listen to and obey his wife;

For a man not to ignore his wife;

For a man not to dominate his wife;

Not to allow the disrespect of a woman; to defend her;

Not to liken a man to a woman or a woman to a man;

Not to consider a man to be a woman, or a woman to be a man;

Never to call a man a woman, or a woman a man;

For a man not to wear a woman's clothing, and for a woman not to wear a man's clothing;

For a man not to attempt to act like a woman, and for a woman not to attempt to act like a man;

For a man not to desire to be a woman, and for a woman not to desire to be a man;

Not to allow a man to become a woman, or a woman to become a man;

For men and women not to bathe or use the bathroom in the same room;

For a man not to watch a woman bathe, and for a woman not to watch a man bathe;

For men and women not to dress in the same room;

For a man not to watch a woman dress or undress, and for a woman not to watch a man dress or undress;

That a father should not bathe his young daughter, but a woman is allowed to bathe both her son and daughter;

That a woman may not have more than one husband;

For a man and woman to marry; for a married couple to be together, and to have children;

For a husband to respect his wife, and for a wife to respect her husband;

For a husband to always love his wife, and for a wife to always love her husband;

For a husband and wife to always be together - not to be physically separate from each other;

For a mother and father to love their children;

For children to never be separate from their mother and father;

For a man not to accumulate too many wives;

That a woman may not have more than one husband;

For a man not to covet the wife of another man;

Not to commit adultery;

Adherence to sexual modesty laws;

That areas of the body meant to be covered include the shoulders, upper arms, elbows, lower arms, chest, stomach, hips, buttocks, genitals, thighs, knees, and sometimes the lower legs, ankles, and feet. It may be sometimes appropriate to leave the shoulders, upper arms, elbows, and lower arms uncovered. It is common for women to cover their shoulders and arms up to their wrists, and to cover the chest up to the collar;

To dress modestly;

Not to be sexually immodest;

For a man not to stare excessively at a woman, and especially not to stare at all at areas of her body meant to be covered, or that are traditionally arousing;

Not to look at all at the sexually explicit; not to look at two people having intercourse; not to look at animals having intercourse, and the like;

Not to look at pornography;

Not to think excessively about the sexually explicit; not to imagine nudity or sexually-inappropriate behavior;

Not to sexually arouse oneself by thinking inappropriately or though inappropriate behavior;

For a man not to make a habit of touching areas of his body meant to be covered;

Not to masturbate;

Not to commit adultery;

Prohibition of sexual immorality;

For a man not to touch areas of his body meant to be covered;

Not to masturbate;

Not to commit incest, homosexuality, or beastiality; not to use objects, devices, or created things to sexually arouse or pleasure oneself or another person;

That sexual intercourse is only meant to be between a man and a woman – one man and one woman; that it should not be done in groups, and a couple engaging in relations should not be witnessed by anyone else; created objects or devices, condoms, lingerie, and anything else may not be used, but the man and woman should be naked, and should not be seen by anyone else;

Not to engage in pedophilia; not to engage in any sexual or otherwise inappropriate behavior with a person who has not reached childbearing age;

Not to commit rape; not to engage in any sexual or sexually-inappropriate behavior with a person who has not provided consent and approval;

Prohibition of envy; Prohibition of greed; Prohibition of monetization and taxation; Prohibition of slavery; Prohibition of unjust treatment;

To bless food and know that it comes from God;

To cherish, and not to waste, food;

To be engaged in agriculture;

To be sustainable in your practices, and not to accumulate trash; that food, water, clothing, bedding, flowers and plants, incense and fragrances, fabrics, materials, and the like, should not be packaged, but may be stored in glass, stone, metal, possibly wood, and any other natural, nondisposable material;

That food, water, clothing, jewelry, housing, travel and transportation, literature, plants, materials, and the like, must be provided and exchanged free of charge, and may not be sold for money;

That Gold belongs to YHVH. Gold is not to be held as currency or a store of value to exchange goods.

That nothing may be sold for money; money must not be used;

Not to allow anything to be rented or leased for money;

That nothing should be traded for money;

Not to use money; not to allow anything to be used as currency;

That companies and corporations should not exist;

That to charge interest is to require payment for a service; that to levy a tax is to require payment for a service; that to charge interest and to levy a tax are the same;

Not to charge interest;

Not to levy taxes;

To use honest measures of length, weight, or volume;

That it is inappropriate to seal a deal or covenant with any person;

That the only legitimate and binding covenant upon a person is the covenant with YHVH; the covenant with YHVH is binding forever; the signs of the covenant with YHVH are to bless the Name of the Lord – YHVH –, to uphold good, to be benevolent and nonviolent to all living beings, to honor and observe the Sabbath, and to behave with modesty;

Not to favor the rich over the poor in matters of judgement, but to favor the poor;

To give charity;

Not to covet the possessions of another person;

For a man not to covet the wife of another man;

Not to be dishonest or deceitful;

To be happy for other people;

To be hopeful for other people;

Not to wish for the downfall of another person;

Not to subjugate or oppress a person;

Not to enslave a person;

Not to engage in prostitution, and not to solicit a prostitute;

Not to build, operate, or allow to operate a place of confinement;

Not to accumulate too many possessions;

For a man not to accumulate too many wives;

That the commandments are binding upon all living beings, and are meant for the good of all living beings;

That if a person said something they never meant to say, it is as if they never said it; that if a person did something they never meant to do, it is as if they never did it;

For a person to repent, and perhaps confess to another person, if they make a mistake in following the commandments, either intentionally or unintentionally; that confession unto God is beneficial to a person;

That it is not common for a person to be punished for making a mistake in following the commandments; that repentance is important; that understanding and respecting the commandments is important;

Not to punish a person who makes a mistake in following the commandment of the Sabbath;

That violence is uncommon; that there is no benefit to violence;